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ABSTRACTS CIRCULATION, VOL 68, SUPP III, OCTOBER, 1983

EFFECT OF DIET ON TOTAL CHOLESTEROL/HDL-C  
RATIO IN PATIENTS OF LEIDEN REGRESSION TRIAL 904

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In the Leiden Intervention Trial it could be shown with data from 39 anginal patients that mean total cholesterol HDL-C ratios (Chol/HDL) ( $n=12$ ) of a 2 year intervention period were correlated significantly with coronarysclerotic lesion growth, angiographically documented ( $r=0.37$ ,  $p=0.02$ ). Associations between dietary recommendations and Chol/HDL are shown in table. Diet consisted of vegetarian food with around 35 % fat, half of which as polyunsaturated fat (PUFA); reduction of energy intake for the obese and cholesterol intake restricted to 100 mg/day.

| Diet                | Mean S.lipids     | r     | p     |
|---------------------|-------------------|-------|-------|
| PUFA                | linoleic acid     | +0.43 | 0.008 |
| energy              | Chol/HDL          | +0.32 | 0.050 |
| Cholesterol         | Chol/HDL          | +0.38 | 0.022 |
| $\Delta$ PUFA       | $\Delta$ Chol/HDL | -0.37 | 0.024 |
| $\Delta$ bodyweight | $\Delta$ Chol/HDL | +0.52 | 0.001 |

The strong correlation between PUFA and S.linoleic acid content of cholesterylesters indicates that patients adhered to dietary recommendations. Since Chol/HDL ratios were correlated with lesion growth, results suggest that dietary recommendations may help to retard atherogenesis.